Military OneSource Overview

General Eligibility

- Active duty, National Guard and reserve component service members
- Immediate family members
- Coast Guard only when activated with the Navy
- Civilian Expeditionary Workforce (when deployed)

Private and Confidential

Privacy is protected

- Your personal information will not be
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Duty to Warn

- Suspected family maltreatment (domestic violence, child or elder abuse/neglect)
- Harm to self or others
- Illegal activity

Range of Support

Military OneSource: Something for Everyone

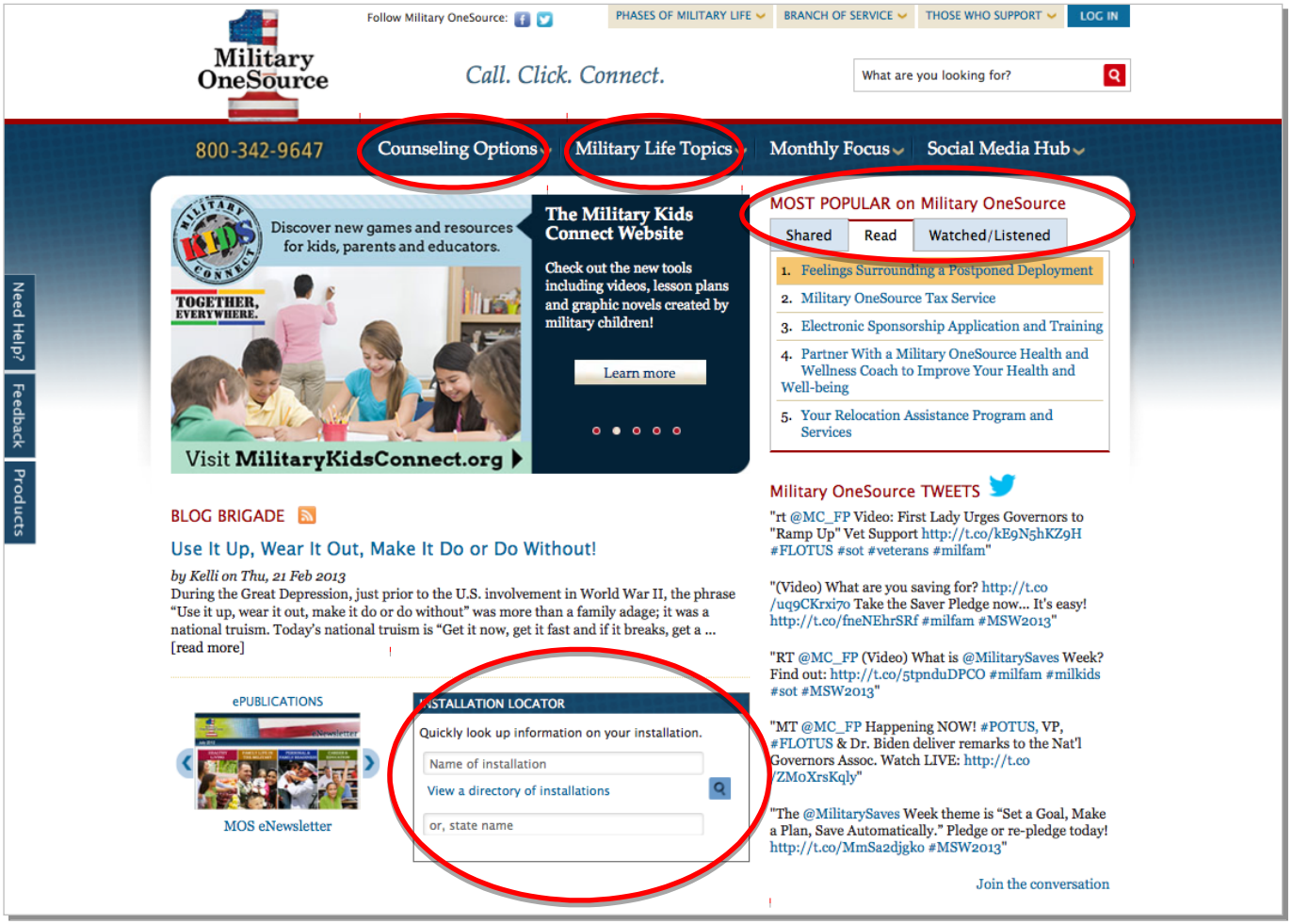
- Did you know Military OneSource has…
  - Smart shopping tips (audio clips)
  - Planning for your golden years (video)
  - Connecting with your child (booklet)
  - Dealing with your stress (downloadable)
  - Disaster preparation (webinar)

Military OneSource

Our Websites

Military OneSource

A Newly Designed Homepage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Military Life Topics
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Discover new games and resources for kids, parents and educators.
TOGETHER, EVERYWHERE.
Visit MilitaryKidsConnect.org
The Military Kids Connect Website
Check out the new tools including videos, lesson plans and graphic novels created by military children!
Learn more
MOST POPULAR on Military OneSource
Shared
Read
Watched/Listened
1. Feelings Surrounding a Postponed Deployment
2. Military OneSource Tax Service
3. Electronic Sponsorship Application and Training
4. Partner With a Military OneSource Health and Wellness Coach to Improve Your Health and Well-being
5. Your Relocation Assistance Program and Services
BLOG BRIGADE
Use It Up, Wear It Out, Make It Do or Do Without!
by Kelli on Thu, 21 Feb 2013
During the Great Depression, just prior to the U.S. involvement in World War II, the phrase "Use it up, wear it out, make it do or do without" was more than a family adage; it was a national truism. Today's national truism is "Get it now, get it fast and if it breaks, get a ...
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Military OneSource TWEETS
"rt @MC_FP Video: First Lady Urges Governors to "Ramp Up" Vet Support http://t.co/kE9N5hKZ9H #FLOTUS #sot #veterans #milfam"
"(Video) What are you saving for? http://t.co/uq9CKrxi7o Take the Saver Pledge now... It's easy! http://t.co/fneNEhrSRf #milfam #MSW2013"
"RT @MC_FP (Video) What is @MilitarySaves Week? Find out: http://t.co/5tpnduDPCO #milfam #milkids #sot #MSW2013"
"MT @MC_FP Happening NOW! #POTUS, VP, #FLOTUS & Dr. Biden deliver remarks to the Nat'l Governors Assoc. Watch LIVE: http://t.co/ZMoXrsKqly"
"The @MilitarySaves Week theme is "Set a Goal, Make a Plan, Save Automatically." Pledge or re-pledge today! http://t.co/MmSa2djgko #MSW2013"
Join the conversation
ePUBLICATIONS
MOS eNewsletter
INSTALLATION LOCATOR
Quickly look up information on your installation.
Name of installation
View a directory of installations
or, state name

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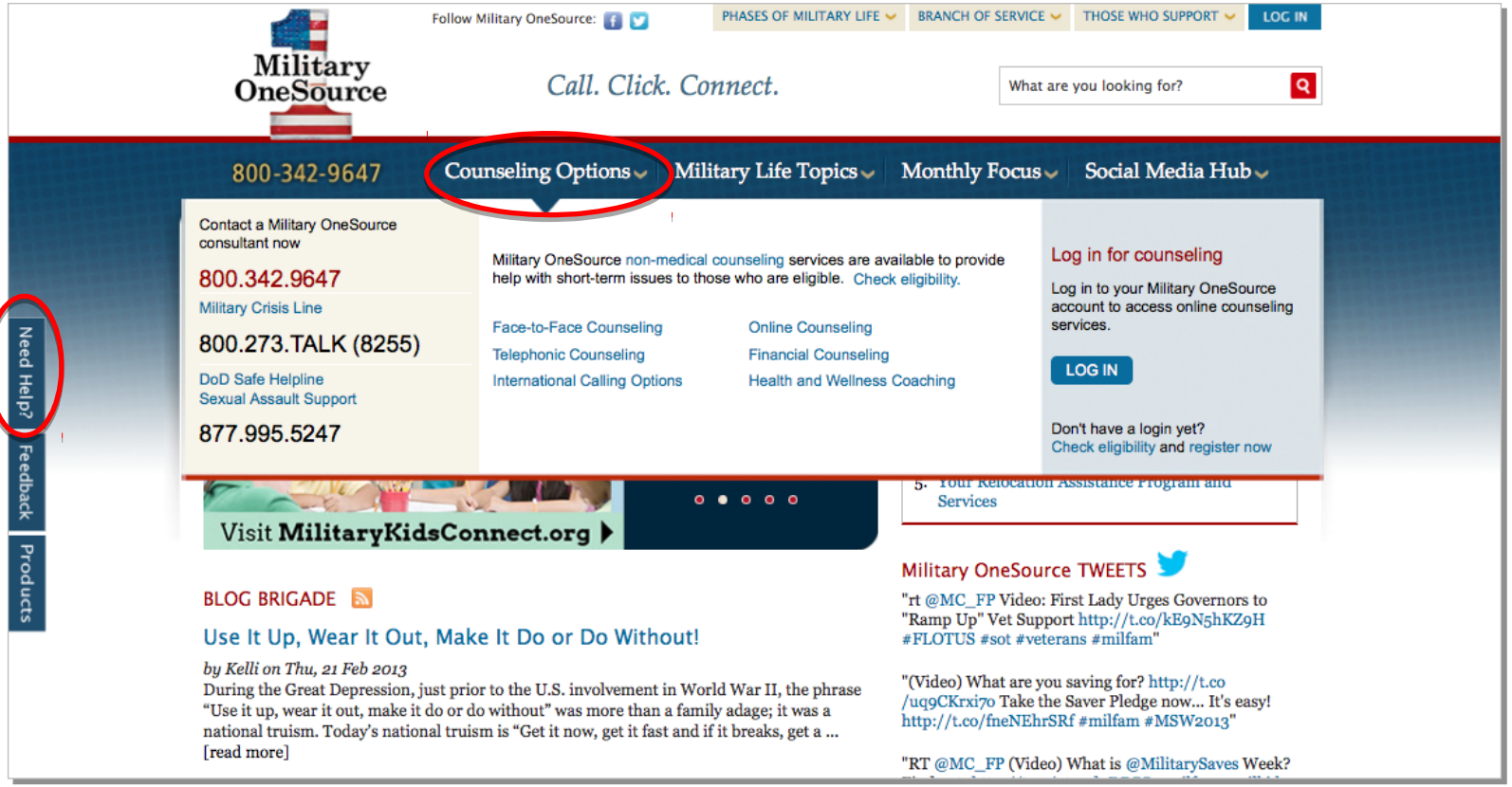
or, state name

Military OneSource

Non-Medical Counseling Connections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Social Media Hub
Contact a Military OneSource consultant now
800.342.9647
Military Crisis Line
800.273.TALK (8255)
DoD Safe Helpline
Sexual Assault Support
877.995.5247
Military OneSource non-medical counseling services are available to provide help with short-term issues to those who are eligible. Check eligibility.
Face-to-Face Counseling
Telephonic Counseling
International Calling Options
Online Counseling
Financial Counseling
Health and Wellness Coaching
Log in for counseling
Log in to your Military OneSource account to access online counseling services.
LOG IN
Don't have a login yet?
Check eligibility and register now
Need Help?
Feedback
Products
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Services
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Military OneSource

Financial Services

Financial Counseling

- Budgeting and general financial management
- Debt management
- Housing counseling

Financial Planning

- Investing
- Retirement planning
- Planning for college
- TSP/401K/Pensions
- Traditional and ROTH IRAs
- Assistance in selecting a certified financial planner in the local community
- Tax questions/Tax preparation

Specialty Consultation

Specialty Consultations

- Adoption
- Adult disability
- Wounded warrior
- Education (college and general)
- Elder care
- Health and wellness
- Special needs

Additional Services

- Document translation
- Simultaneous interpretation

Health and Wellness Coaching

- Individual coaching sessions
  - Telephone-based
  - Online
- Health and wellness issues
  - Weight loss
  - Fitness and exercise
  - Nutrition
  - General health (stress management, resiliency, etc.)
- Health risk assessments
  - Individualized plans
  - Goal setting
  - Outreach and engagement
- Self-directed coaching
  - LivingEasy ™
  - LivingLean ™
  - LivingFit ™
  - LivingFree ™

Career

Topics

- Choosing a career
- Finding a job
- Effectiveness at work
- Management skills

Resources

- Spouse Education & Career Opportunities Center
  - Career assessments
  - Employment readiness
    - Web links
    - Newsletters
- Military Spouse Employment Partnership

Education

Topics

- K-12 education
- Adjusting to college
- Financial aid and scholarships
- Alternatives to college
- Continuing education

Resources

- School locators
- DoD MWR Libraries Education Resource Center
- College Navigator
- Military Spouse Education Resource Guide
- Military Spouse Employment Partnership
- Spouse Education & Career Opportunities Center

Social Media Hub

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Tweet 0
+1 1
Share
Military OneSource
Find information to support you through every phase of military life.
Military Community and Family Policy
Join the conversation on the latest quality of life information and policies.
Military Spouse Employment Partnership
Stay informed of latest career opportunities and connect with other military spouses.
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CJCS with Rosita singing "Sunny Day"
May 10, 2012 | 495 Views
PODCASTS
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Mar. 12 Moving with an IEP - 10:00 a.m. EST
Mar. 14 Moving with an IEP - 6:00 p.m. EST
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Looking for past webinars? View the archives.
DISCUSSION BOARDS
An online platform where participants can discuss topics related to military life that are important to service members and their families.
MODERATED CHATS
Live, interactive online events where you can share your ideas, opinions, and experiences on a variety of topics.
WIDGETS
Widgets are online applications that display featured information on your web page, blog, social networking site, or other sites.
SOCIAL MEDIA GUIDE (PDF)
Guidelines structured to provide open, interactive social media channels where all users can engage and connect.

Online Library Resources

Audio books, e-books, research, tutoring, exam prep, résumé builder and more!

Military OneSource

Access

You can expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced and caring people
- Up-to-date and useful information
- No cost
- A commitment to quality

Toll-Free telephone
800-342-9647

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m.MilitaryOneSource.mil

Email your questions
to a consultant

Interaction with trained
outreach professionals

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Questions?

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